

Special Interest Articles:

- Regional Recycling Rate of 41.5% Reached
- What's in your Backyard
- Methane

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Region 2000 Businesses & Citizens Applauded

The Region 2000 recycling rate for calendar year 2014 was approved by the Department of Environmental Quality at 41.5%. That was an increase from last calendar year which was 38.9%. This recycling figure includes the recycling from the City of Lynchburg and the Counties of Appomattox, Campbell and Nelson. The state mandates a 25% recycling rate from its jurisdictions. The largest recycling figures again this year came from paper, metal, commingled, yard waste, and wood waste resulting in over 124,000 tons recycled. In addition, over 8,000 tons of solid waste was reused. Household hazardous waste and e-cycling events have also increased over the years with citizen participation.

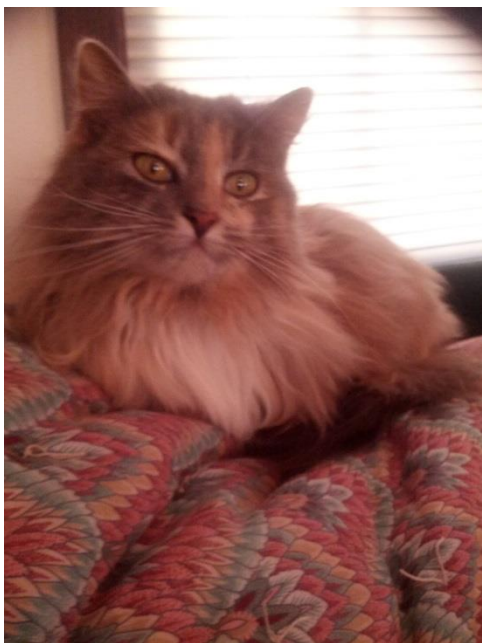
Reduce what you can, **reuse** it over and over, and then lastly, **recycle**:

- Recycled paper supplies more than 37% of the raw materials used to make new paper products in the U.S. Without recycling, this material would come from trees. Every ton of newsprint or mixed paper recycled is the equivalent of 12 trees. Every ton of office paper recycled is the equivalent of 24 trees.
- Motor oil never wears out, it just gets dirty. Oil can be recycled, re-refined and used again, reducing our reliance on imported oil.
- On average, each one of us produces 4.5 pounds of solid waste each day. This adds up to almost a ton of trash per person, per year.
- A typical family consumes 182 gallons of soda, 29 gallons of juice, 104 gallons of milk, and 26 gallons of bottled water a year. That's a lot of containers – make sure they're recycled!
- When one ton of steel is recycled, 2,500 pounds of iron ore, 1,400 pounds of coal and 120 pounds of limestone are conserved.

The Region 2000 Services Authority again thanks our residents and businesses for their recycling practices. By recycling, we are conserving landfill space and protecting our environment. You have saved landfill space by over 41% of the waste stream coming in that could have been landfilled.

If you have questions on what or how to recycle, please call Diane Dodd at 434-455-6085. Happy recycling!





5 Helpful Uses for Baking Soda In Your Pet Household

While you might find baking soda in the food section of grocery stores, there are also many great uses for it beyond the kitchen and keeping your fridge smelling clean. Baking Soda, aka sodium bicarbonate, is an environmentally friendly odor destroyer. If you have dogs, cats, or birds, you'll find these tips very helpful. Just store it in an area your pets can't reach. If digested in large quantities, baking soda can cause muscle spasms, dehydration and heart failure.

Too much baking soda makes his blood too alkaline, causing dehydration, weakness, irregular heartbeat and other symptoms that require a vet's attention.

1. Removing skunk odor

In a bucket, mix 1 quart hydrogen peroxide with 1/4 cup baking soda and 1 teaspoon dish detergent. Bathe your dog in the mixture. Since there are no

harsh chemicals, you can do this daily until the smell is completely gone. It may take a few baths before it is all off, but it will minimize the smell with each bath.

2. Pet accidents

Your dog didn't make it to the toilet or outdoors in time? Simply sprinkle baking soda on the area, let dry, then vacuum. While you might need another solution to remove the stain, baking soda will help remove the odor. In turn, this can help your pet avoid another accident in the same spot.

3. Kitty litter

Keep your kitty litter box fresher by covering the bottom with baking soda before filling with kitty litter. Freshen between changes by sprinkling baking soda on top of the litter after thoroughly cleaning.

4. Pet Bedding

Simply sprinkle bedding with baking soda, wait at least 15 minutes, then vacuum up the powder. You can also do this with any pillows they sleep on. Your pets will be snoozing again before you know it, and your guests won't complain about the smell in your house

5. Bird Cages

Clean the bottom of your bird cage by sprinkling some baking soda on a damp cloth. Scrub then wipe clean and use a dry towel to wipe off all dampness.



The Sustainable Backyard

One Plant at a Time

According to the EPA, individuals generate 4.5 pounds of “waste” each day. Of that, only a small portion is composted and/or recycled. Food scraps account for 12.7% of the waste stream, and yard trimmings account for 13.2% of waste stream. While these numbers may seem overwhelming, there are many easy and simple solutions to be discovered right in your own backyard. Composting is one method to help reduce greenhouse gas emissions. According to the US EPA, landfills emit about 6.3 million metric tons of methane into the atmosphere, which has 23 times the global warming potential of carbon dioxide. Waste prevention, recycling and composting diverts organic waste from landfills thereby reducing methane and other gas emissions.



Raised beds allow greatly reduced soil compaction and higher productivity per square foot of bed because there is no need to leave room for stepping.

Yard Waste Reduction at Home

To reduce the refuse at landfills, compost and mulch yard wastes such as grass clippings, leaves, prunings, and old flowers. Even the most casual gardener can reuse many of the yard clippings generated during the spring, summer, and fall. Since the landscape character of each yard is different, there is no single “yard waste reduction formula” for use in every yard. You are encouraged to develop your own plan, combining nature’s recycling system with common sense.

Mulching: Nature’s Waste Recycling System



Year after year, leaves, grass and foliage mature, grow, die, and eventually fall to the ground. Soil organisms begin the process of decomposition, helping to transform yard debris and clippings into rich layers of humus that give soil its dark color and its good “rich earth” smells.

Mulching grass clippings is one common-sense method. Mulching adds nitrogen, reduces evaporation from the soil surface, and provides ideal conditions for earthworms and other soil organisms necessary for healthy soil.

What's in your backyard?



Leaves for Compost and Mulch

Deciduous trees provide leaves for compost and mulch.



VermiComposting

Building a worm bin for indoor composting speeds up the process allowing for more compost for planting spring gardens. Use redworms (*eisenia fetida*) for best results.



Compost Pile

Building a backyard compost pile reduces yard waste and creates valuable organic fertilizer. For an ideal mix, combine two parts "brown" (leaves) with one part "green" (grass clippings).



Plant Edibles!

Grow food for the home right in the front yard. Container gardening or raised beds allow for control of soil quality and pest reduction.

Add Compost to Flower Beds
Natural nutrients and organisms



will improve soil and plant health

Grass Clippings

Reduce the need for fertilizer, save cost on yard-waste bags, and reduce refuse and waste by 20% or more by leaving grass clippings on the lawn!

Rain Gardens

Reduce the impact of runoff from the yard on local waterways by planting species that will use the water on-site.

Plant Flowers in Row

Create natural barriers and walkways by using native species of flowers and grasses in the backyard or front yard garden.



Rain Gardens

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More Backyard Tips:

SOIL ENHANCEMENT: A 3-4 inch layer of compost incorporated into garden beds in the spring or fall helps maintain the soil. If only a small amount is available, place a handful in each transplant hole. Compost increases the porosity of soil so that plant roots can easily penetrate. Although compost is considered a soil conditioner rather than a fertilizer, it does contain plant nutrients and essential trace elements, which are released slowly to plant roots.

MULCH: To use compost as a mulch, spread the material around garden plants, under bushes and around trees. For young plants, a 2-3 inch layer often works well. Compost helps hold in moisture, and gradually releases organic matter to the soil and plant roots. Compost is especially useful as a mulch in hot dry summer months.

POTTING SOIL: Sift compost and mix it with 50% prepared potting soil. **COMPOST TEA:** Finished compost can be wrapped in cloth or burlap and soaked in water to form "compost tea." Compost tea acts as a fungicide to control some diseases.

WORM COMPOSTING: Worm castings can be used in your garden to help promote healthy growth in plants and vegetables. Worms can eat household "garbage" such as food and paper waste, creating valuable compost.

COMPANION PLANTING: Garden pests such as beetles and other critters in your garden might make you tempted to reach for a toxic pesticide for a quick fix, but consider a healthier alternative. Placing certain plants near one another can ward off pests naturally and without harmful chemicals. For example, plant asparagus next to tomatoes to help ward off unwelcome visitors.

RIGHT PLANT... RIGHT PLACE

What you plant and where you plant is a major influence to water and energy savings in the garden. Before purchasing shrubs or garden plants, read the tag and ask questions. Make sure that the plant is suited to the sunlight and terrain of your yard. Select varieties that minimize the need for water and pest control. Consider slow-growth species that "naturally" minimize yard waste.

Native plant species require less water and care due to the fact that they are well adapted to the regional environment. Their deep root systems infiltrate water more efficiently resulting in greater conservation. Use of drip irrigation when watering allows plants to slowly uptake water, resulting in less evaporation. A variety of native plants will increase yard health overall and create a dynamic working ecosystem right in the backyard!



Don't throw it away...throw it back.
Reduce, Reuse, Recycle

Composting...



Composting is a way to dispose of leaves, grass clippings and other garden refuse. For every 3 parts green add 1 part brown.

Green

Grass Clippings
Weeds
Vegetables

Brown

Leaves
Newspaper
Hay

Use Products Smarter

Here's a list of natural and less toxic cleaning ingredients and their uses:

- Vinegar can be mixed with water to clean floors.
- Borax mixed with lemon juice can be used to clean toilets.
- Lemon juice mixed with olive oil is great for polishing furniture.
- Use rubbing alcohol mixed with vinegar and water to clean your windows.
- Baking soda can be used to scrub stainless steel, iron, or copper pots. Be sure not to use it on aluminum pots.



Learn about landfills...

As waste decomposes in a landfill, it produces a liquid called leachate. The leachate drains through the waste and collects on a line of plastic sheeting (60 mil thick) in the bottom of the landfill. Leachate is usually pumped to storage tanks at the landfill facility and is later either pumped or trucked to a wastewater treatment plant. Because little was known about what happened when waste degraded, older landfills were not required to have bottom liners, and the leachate migrated into the ground where it contaminated groundwater or surface water. Decomposition also produces methane, which is a dangerous greenhouse gas. Methane can be collected through piping and used to generate electricity; however, there is a limited time in landfill life when this is economically feasible because methane generation peaks and then decreases. Vents are constructed on top of landfills that go into the waste and allow the gas to either disperse into the air or be collected and burned. The size of the landfill and the volume of gas produced dictate how methane is handled.



We're on the Web!

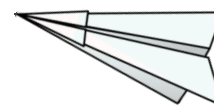
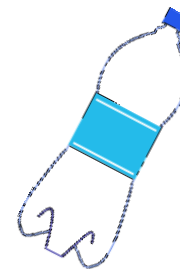
See us at:

www.co.campbell.va.us and
www.region2000servicesauthority.org/

Find these words!

- Batteries
- Cans
- Cardboard
- Chemicals
- Electrical
- Garden Waste
- Glass
- Paper
- Plastic Bottles
- Scrap Metal
- Shoes
- Textiles
- Tyres
- Wood

G D C E C H E M I C A L S E O I I
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A free word search puzzle from Freewordsearches.net



The Household Hazardous Waste and Electronic Recycling (E-Cycling) Collection Events for residents:

Saturday, June 13; and
Saturday, October 10, 2015

8 AM until 12 Noon at
2525 Concord Turnpike
Lynchburg, VA 24504

See County website for permissible items.



IT'S CRAFT TIME...Make your own paint.

Never buy paint for kids!! Paint- 1 cup salt, 1 cup flour, 1 cup water, food coloring. Share with your friends so they can make it too! :)



Now, go out in the yard and find pine cones and paint them in beautiful colors. You can even paint like a rainbow.



Let's Cook!

Easy Apple Dumplings

- 2 (8 ounce) cans crescent rolls
- 2 sticks butter
- 1½ cups brown sugar
- 1 teaspoons vanilla
- 1 teaspoon cinnamon
- 1 ½ cup 7 Up (or other lemon soda)
- 2 Apples

Butter a 13 x 9 inch baking dish.

Preheat the oven at 350 F.

Peel and core apples, than cut each apple into 8 slices

Roll each apple slice in a crescent roll and place in a buttered dish.

Melt butter, stir in sugar, vanilla and cinnamon, and when it's thickened, remove from heat and pour over the dumplings.

Pour the soda in the middle and along the edges of a pan (not over the rolls)

Bake for 35-45 minutes, or until they become golden brown.

Serve warm. Enjoy!



DID YOU KNOW...

More Reasons to Eat Fruit!



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pinapples help fight arthritis



Blueberries protect your heart



Kiwis increases bone mass



Mangos protect against several kinds of cancer

The leftovers can be composted!